

How to Buy It

YOUR MEAT

How to Cook It

Lamb Shanks Are Economical And Delicious

Several Different Ways To Serve Them, All Good

MENU
Lamb Shanks Stuffed with Rice
Creamed Cauliflower
Combination Vegetable Salad
Custard Pudding
TEA MILK

With lamb available all the year round in most markets, the wise homemaker puts this fine flavored meat on her list to serve regularly for family meals as well as those special occasions when a lamb roast or lamb chops seem so perfectly right as a main dish.

Among lamb cuts, as among beef, pork and veal there are the less demanded cuts which are therefore economical, and these can be served in a variety of delicious ways. They have all the fine flavor and tenderness of any lamb cut.



Lamb shanks contain the shank bone, but they yield a generous portion of lean meat. One shank makes a generous serving.

Lamb shanks are especially good, and these can be prepared and served in a number of ways. The basic cooking method is braising. They may be given a distinctive flavor with spices or a bit of garlic, or they may be cooked with different vegetables. An especially good way is to stuff them with rice or barley.

Stuffed Lamb Shanks
5 lamb shanks
2 tablespoons lard
Water
Salt and pepper
1-4 pound rice

Brown the shanks in hot lard. Add water to cover and season with salt and pepper. Cover and simmer until tender, about 1 1/2 hours. Remove from broth. Heat enough to handle, remove bones. Cook rice in broth, adding water as necessary. Stuff boned shanks with cooked rice. Thicken remaining lamb broth for gravy. Serve separately.

Braised Lamb Shanks
6 lamb shanks
3 tablespoons flour
2 tablespoons lard
2 onions
1 small bay-leaf
1 bud garlic

Thick a tiny sliver of garlic in each lamb shank. Dredge them in flour and brown in hot lard. When nicely browned, transfer them to a baking dish. Make a brown gravy from the fat in which they were browned. Season this with onion and bay-leaf. Pour the gravy over the lamb shanks, cover and cook in a slow oven (300 degrees F.) until the shanks are done, about one and a half hours. Add a little more water if the gravy becomes too thick.

Lamb Shanks with Vegetables
6 lamb shanks
2 tablespoons lard
1 cup carrots, cut fine
1 cup celery, cut fine
1 cup green beans, cut fine
Salt and pepper.

Brown lamb shanks in hot lard. Season with salt and pepper. Cut

Lamb Shanks Served In Style

Lamb shanks stuffed with rice form a satisfying and delicious main dish. The rice provides the starch needed in the menu, the meat supplies important nutrients in a very flavorful form. Select seasonable vegetables to accompany this main dish.



Molded Main Dish Salad Culinary Triumph
A main dish salad may as its name implies, be the main dish or fit into a more bountiful buffet meal which includes a wider assortment of food. In either case if fish, meat or poultry is included in the salad, a tart custard or cooked salad dressing may give it a tangy flavor to offset its blandness.

This basic recipe for tuna fish salad mold may be used substituting chicken, veal, salmon, crabmeat, or shrimp — they are all delicious. And the cucumber dressing is appropriate for any combination you choose. Bits of chopped celery, green pepper or pimiento may be added satisfactorily and will give a variation in texture.

Attractive garnishes of egg slices, tomato wedges, lemon slices or radish roses will dress up the tray or chop plate upon which the salad is served.

Tuna Salad Mold With Cucumber Cream Dressing
1 can tuna fish
1 1/2 tablespoons salt
1 1/2 tablespoons sugar
2 tablespoons flour
1 teaspoon mustard
Dash of cayenne
2 egg yolks or 1 egg
6 tablespoons butter
1 cup milk
1/2 cup vinegar
1 tablespoon gelatin
3 tablespoons cold water

Make a salad dressing by mixing salt, sugar, flour, mustard and cayenne together; add egg yolks, butter, milk and vinegar; stir well. Cook in double boiler over hot water until thick stirring constantly. Soak vegetables in match-like pieces and place in bottom of baking dish. Add a small amount of water. Cover and cook in a slow oven (300 degrees F.) for about 1 1/2 to 2 hours.

gelatin in cold water. Remove dressing from heat, add gelatin and stir until dissolved. Flake tuna fish and fold into mixture. Rinse mold in cold water and pour in mixture. When cool, place in refrigerator to set. Unmold on plate; garnish with crisp salad greens. Garnish with parsley. Serve with cucumber dressing. Serves 6.

Cucumber Dressing
1 cup whipping cream
1/2 teaspoon salt
Dash paprika
1 1/2 tablespoons lemon juice
1 cup chopped or finely diced cucumber

Just before serving the salad beat cream stiff; add salt and paprika. Gradually fold in lemon juice and peeled, chopped cucumber, which has been well drained. Serves 6.

Barbecued Spare Ribs

By MARIE GIFFORD

A few brisk days and appetites begin to run rampant. Thoughts turn to luscious pork chops and gravy, barbecued spare ribs or roast pork with apple sauce, dishes we may have neglected during the warm days just passed.

It is pleasant to know that when you eat pork you're giving yourself a big portion of those so essential protective foods — the vitamins. For pork has been proven to be the very richest of all sources of the Vitamin B factors, including thiamine, riboflavin and the anti-pellagra factor. These B factors are important to steady nerves, good appetites and proper utilization of our starchy and sweet foods.

One of the best liked pork budget cuts is spare ribs. When you go to buy them, remember that you must expect to get at least 1-2 pound per person. The tastiness of this special meat comes from the tender bits of meat that lie between the bones. Our favorite story of spare ribs is about the young inexperienced housewife who complained to the butcher that there was so little meat on the ribs and his reply was, "Lady — when they begin to grow a lot of meat on spare ribs they'll re-name 'em."

Spare ribs are equally delicious cooked with sauer kraut, baked in a barbecue sauce, or baked like a roast with bread dressing between the layers. For the latter buy 2 sides of ribs, preferably one right and one left and put the two together with bread stuffing between. Tie the roast together and bake it just like any oven roast. For boiled ribs with kraut, you will prefer to have the butcher split the side of ribs with kraut, you will prefer to lengths are shorter and easier to handle in eating.

BARBECUED SPARE RIBS
Cut spare ribs into pieces the size of individual servings. Flour and brown thoroughly on both sides in a little meat fat. Transfer the browned meat to a casserole or covered baking dish and add one-half cup of catsup and one-half cup of water (for 2 pounds of meat) and 1 tablespoon Worcestershire Sauce. A layer of sliced onions may be added before adding the catsup. Let the product bake in a slow oven for about one hour or until the meat is very tender. Serve in the casserole.

Celery Stuffed Spare Ribs
2 side of spare ribs (about 3 lbs.)
3 cups soft bread cubes
1-4 cup diced salt pork
1 cup celery, chopped
3-4 teaspoon salt
1-8 teaspoon pepper
1 onion, chopped

Pry the salt pork until crisp, then remove the pieces. Cook the onion in the fat for a few minutes, then add the crisp salt pork, celery and bread cubes. Season with salt and pepper. Spread one section of the spare ribs with the dressing. Cover with the other section and sew or with salt and pepper and rub with tie in place. Sprinkle the outside flour. Place in roasting pan and bake in a 350-degree F. oven for 1 1/2 to 2 hours, or until ribs are tender. Serve 4.

Only foreigners drink imported whiskey and gin in China.

The Chef Suggests

By JOSEPH BOGGIO

(Hotel Plaza, New York)

Do not regard as lost those baked potatoes which were not finished off at their first serving. Fried potatoes that have first been baked are more tasty than fried boiled ones. And the fine touches that can be given to mashed potatoes — both white and sweet — are legion. Here is one recipe that you will like for a day when the menu is to be more vegetable than not.

Ham-Potato Balls (for 4)
2 cups mashed potato
1 egg, well beaten
1/2 cup finely minced ham
1 egg yolk
seasoning
fine crumbs

If cold mashed potato is used it will have been seasoned and buttered. If freshly cooked potato is used, mash while hot, season well, add a big lump of butter and whip up with a little cream or hot milk; then add beaten egg and minced ham; mold into balls an inch in diameter; roll in crumbs, egg and crumbs; fry in deep hot fat. Drain on paper and serve very hot as the starry member of a vegetable plate.

A variation of this recipe for sweet potato is . . . mash the hot cooked potatoes, add a big lump of butter and cream or milk enough to whip to fluffy consistency, but do not have too moist. Add egg and 1/2 cup of finely chopped pecan meats; mix well, shape into croquettes, dip in fine crumbs, egg and crumbs and fry in hot fat. A real delicacy when served with roast turkey or duck.

And here is a good way to give character and flavor to boiled potatoes:

Potatoes Bretonne (for 4)
2 large potatoes
1 small Spanish onion
1 large tomato
stock
2 tablespoons butter
seasonings

Peeled and cut potatoes in half-inch dice and cook in well-seasoned meat stock or consommé, together with the onion, coarsely diced, and a bit of chopped garlic. When nearly done, add the fresh tomato, peeled and coarsely diced; continue cooking until potatoes are soft and tomato cooked. Drain of most of the stock, and butter, sprinkle with pepper and serve.

Whether it's a crowd of young people demanding a midnight spread, or just the family hungry after a late trip to the movies, they're sure to greet your suggestion of waffles and coffee with enthusiasm.

It's easy to keep the makings for this impromptu meal on hand. You can serve bacon, syrup or honey with the waffles; and you can be generous with second and third cups without worrying over sleeping problems if you serve decaffeinated coffee. Remember that it needs slightly longer brewing to bring out its full, rich flavor. And always for best results all coffee equipment must be absolutely clean, proportions of coffee and water must be measured exactly and time, and it will be all ready to bake. Guests really enjoy making their own and serving them to each other, all crisp and golden-brown.

MIDNIGHT CAFE AU LAIT
Use 1 1/2 heaping tablespoons of ground decaffeinated coffee, regular ground, to each cup (1/2 pint) water. Make by boiled or percolated method. If percolated, "perk" 18 to 20 minutes slowly and gently, or longer than ordinary coffee. Have ready a pot of hot milk. When serving, pour milk and coffee together into cup in equal amounts. In using decaffeinated coffee, drip grind measure well-rounded tablespoon instead of heaping tablespoon, and make by the drip method.

WAFFLES
2 cups sifted cake flour
2 teaspoons double-acting baking powder
1/2 teaspoon salt
3 egg yolks, well beaten
1 cup milk
4 tablespoons melted butter
3 egg whites, stiffly beaten
Sift flour once, measure, add bak-

Cold Days Ahead Call For Soup

DOROTHY GREIG

On cold nights, a big tureen of mother's potato soup set steaming on the table made the eyes of us youngsters glisten with anticipation. Father just breathed "Ah!" happily, and beamed genially on the table at large.

The other day I thought of that long-time-ago family enjoyment of mother's potato soup when a big bowl of cream of potato soup was served for lunch. For this soup had the same thick smooth look with big slices of potato in it, and was a stout, hearty soup of satisfying goodness.

It is a new soup, I was told, a canned condensed cream of potato soup — the latest addition to the line-up of canned soups. To serve, just add an equal quantity of water and heat. Modern canned soups are wonderful anyway. Eaten plain they are fine of flavor, quick as a wink to prepare for a meal. Combined, two or more together, they offer all kinds of possibilities for individuality.

For instance, here are some favorites I save for chilly nights when the warm spreading glow of good hot soup is comfort indeed to a hungry family:

Tomato Scotch Soup
1 can condensed tomato soup
1 can condensed Scotch broth
2 cans water.
Combine the tomato and Scotch broth soups. Then add two cans of water, using the soup can for a measure. Heat to the boiling point and simmer 3-4 minutes. Serves 5-7 portions.

Hungry Man's Choice
1 can condensed ox tail soup
1 can condensed vegetable-beef soup
2 cans water.
Combine the soups. Add water and heat to boiling. Simmer 3-5 minutes. Serves 5-7.

Clam Chowder Bisque
1 can condensed clam chowder soup
1 can condensed chicken gumbo soup
2 cans milk (using soup can for measure)
Empty the clam chowder into a saucepan, and to it add the chicken gumbo soup. Then stir in 2 cans of milk. Heat to boiling point, but do not boil. Serves 5-7.

Cream Curry Soup
1 can condensed pea soup
1-3 can condensed tomato soup
1-2 teaspoon curry powder
2 cans milk
1-4 cup heavy cream
Stir the tomato soup into the pea soup. Mix the curry powder with a tablespoon of the milk. Then add a tablespoon of the milk and remaining milk and heat, but do not boil. Just before serving add the heavy cream.

ENTERTAINMENT
Designed only for entertainment purposes, RKO Radio's "Unexpected Uncle" is said to be filled with sparkling humor and heart-filling romance spiced with zesty drama. Anne Shirley, James Chag and Charles Coburn enact principal roles.

ing powder and salt and sift again. Combine egg yolks, milk, and butter; add to flour, beating until smooth. Beat egg whites until they will hold up in moist peaks. Stir quickly but thoroughly into batter. Bake in hot waffle iron. This makes four four-section waffles.

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	SMALL FRESH	SMALL SIZE		
	-PORK- LOINS Rib Half for Roasting lb 26¢	FRESH HAM Whole or Shank Half lb 27¢		
BEEF!	SIRLOIN	SHORT ROUND	CUBE	Steaks - lb - 45¢
SHOULDER	LEAN FRESH	SHOULDERS	lb 25¢	
"FIRST-PRIZE"	lb 29¢	lb 29¢	lb 29¢	

SMOKED HAMS Small, Ready to Serve Whole or String Half	lb 32¢
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Selected Tender	LEGS	Rib and Shoulder	CHOPS
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MEATY STEWING			

FRESH FRUITS & VEGETABLES	
FANCY MacINTOSH APPLES	6 lbs. 25c
FANCY TOKAY GRAPES	2 lbs. 15c
NATIVE DANISH CABBAGE	4 lbs. 10c
PRINCE EDWARD ISLAND TURNIPS	4 lbs. 10c
GOLDEN RIPE BANANAS	4 lbs. 29c
CALIF. ICEBERG LETTUCE	2 lg. hd. 19c

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BLUE RIBBON BRAND NOODLES	10¢
KEMP'S "SUN-RAYED" TOMATO JUICE	2 13 oz. 15¢ 20 oz. 10¢ 47 oz. 21¢
GERBER'S BABY FOODS	Strained 3 Tins 20c
MY-T-FINE DESSERTS	Lemon and Nut-Chocolate, Van., Choc. Buttercream 3 Pkg. 13c
HEINZ SOUPS	"HOME STYLE," MOST KINDS 2 Large Tins 25c
SUNSWET PRUNES	"TENDERIZED" —MEDIUM— 2 Lb. Pkg. 15c

DRAKE'S CAKES	
PILLSBURY'S FARINA	2 10c 17c
PILLSBURY'S FLOUR	5 Lb. Bag 27c
GERBER'S DRY CEREAL	Pkg. 15c
WAX PAPER CUT-RITE	40 Foot Roll 5c
RITZ CRACKERS	1 Lb. Pkg. 19c
"THE MILK AMPLIFIER" BOSCO	Large 24 Oz. Jar 35c
TETLEY BUDGET TEA	1/2 Lb. Pkg. 35c
BLACK-GROUND DURKEE'S PEPPER	2 Oz. Tin 9c
BORAX 20-MULE TEAM	1 Lb. Pkg. 15c
FOR GRIMY HANDS BORAXO	Tin 15c
ULTRA-REFINED CLOROX	Qt. 19c

WINDEX THE WINDOW WASHER	2 8 Oz. 25c
WILBERT'S NO-RUB WAX	Floor Polish Pint Tin 37c
SCOTT TISSUE	6 for 25c
SCOTT TISSUE	3 for 20c

FOR THE KITCHEN SCOTTOWELS	2 Roll. 17c
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Prepared for Your Newspaper by Betty Crocker Home Service Department

BLACK MIDNIGHT AND GHOSTLETS

Let's do things a little differently this Halloween. Let's drop the cheery grinning Jack O'Lanterns and the orange streamers. Instead we'll have the black of midnight and witches . . . relieved only by the dead white of the wailing ghosts that haunt the shadowy byways of this eerie night. It's an effective combination and offers all sorts of possibilities.

Black and White Refreshments
Use white china or black glass dishes. Wrap your sandwiches in black paper (having them first wrapped in oiled or waxed paper, of course). The sandwiches themselves may be anything you choose. Serve your salad from a hollowed-out white cabbage. It will be a mixture of cabbage, pineapple, celery and strips of black ripe olives. The cake will be a dark, dark chocolate cake that really looks black against a snowy white icing. We call it Black Midnight Cake.

A Big Cake . . . or Cup Cakes for Ghostlets
You can have a big square white iced cake . . . or cup cakes covered with white icing and snowy white coconut Place raisins on the coconut to make comical or dolorous ghostly faces. These small ghost cakes are called ghostlets.

But first . . . here's the recipe for the big Black Midnight Cake:

BLACK MIDNIGHT CAKE
1/2 cup shortening
1 1/2 cups sugar
2 eggs
1/2 cup cocoa
1/2 cup water
1 1/2 cups sifted all-purpose flour
1 1/2 cups sifted cake flour
1/2 tsp. salt
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla

Cream shortening, add sugar gradually, and cream until fluffy. Blend in well beaten eggs. Combine cocoa and hot water. Stir to dissolve completely. Sift flour, salt, soda, and baking powder together, and add to creamed mixture alternately with hot water and cocoa mixture. Blend in vanilla. Pour into an 8-inch square pan (2 1/2 inches deep) which has been greased and lined with paper. Bake 50 to 55 minutes in a moderate oven (350° F.). When cool, spread Double Boiler Icing over top and sides.

Double Boiler Icing
1/2 cup white sugar
1/2 cup cream of tartar
1/2 cup vanilla or other flavoring

Combine in top of double boiler the egg white, sugar, cream of tartar, and water, and beat together just enough to completely blend ingredients. Place over rapidly boiling water, and beat with rotary beater until mixture is white and very light. (Icing is done when it barely holds its shape and is not runny as beater is pulled out.) This takes 5 to 7 minutes depending on size of boiler and vigor of beating. Remove from over hot water, and do not beat any more. Fold in the flavoring.

This makes a generous amount of icing for an 8-inch square cake. If icing becomes "grainy" add a few drops of lemon juice to make it satiny smooth again.

Fluffy Marshmallow Variation
Add 3 marshmallows, cut in quarters, to the icing immediately after removing it from heat. Stir until marshmallows are melted and icing is fluffy.

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